



ALEXANDRA MIDDLETON
NATUROPATHIC NUTRITIONIST

TREATMENT PLAN - Georgette Archer 20/9/2022

Diet recommendations

- Guar Gum (PHGG) - put a tsp into your Nuut shake
- Nuut shakes - aim to have one every morning before 9am: <https://nuut.com.au/products/paleo>
Discount code = ALEXM15 - satchels are a better choice
- One tsp of Longevity and 1/2-1 tsp of Ashwaganda powders:
- <https://mindfulfoods.com.au/products/ashwagandha-extract-20-1?variant=39593883271246>
- <https://mindfulfoods.com.au/products/red-longevity-star-dust?variant=39502784331854>

Assessments/referrals

- VC test: <https://www.survivingmold.com/store1/online-screening-test> (send Alex result)
- Jane Lyttleton Chinese herbs and acupuncture in paddington - ph 02 9332 1677 for herbs for endo and fatigue

Other

- Dr Yin Yin Teoh - Sydney Holistic Dental Surgery, ph 02 9221 5800 on Elizabeth St, Sydney - ask for for pate assessment (grinding) and to check root canal via cone beam
- X Clear spray - for sinusitis symptoms

GI Protocol (another 6 weeks then review)

SUPPLEMENTS	BREAKFAST		LUNCH		DINNER		NOTES
	Before	After	Before	After	Before	After	
Thorne Berberine 500		2 caps				2 cap	FX Med
98alive capsules		2 caps		2 caps			

<https://www.98alive.co/retail>

Vaginal Microbiome (continue another 6 weeks then review)

SUPPLEMENTS	BREAKFAST		LUNCH		DINNER		NOTES
	Before	After	Before	After	Before	After	
Biomedica Allimax						1 cap	
Lifespace Womens Probiotics		1 cap					

<https://www.lifespaceprobiotics.com/products/womens-microflora-probiotic>



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Supplements

SUPPLEMENTS	BREAKFAST		LUNCH		DINNER		NOTES
	Before	After	Before	After	Before	After	
RN labs Folinic acid		3 caps					
Biomedica Pure Liposome B12		2 droppers					
Bioclinical Naturals Quercetin LipoMicel		2 caps				2 caps	
RN Labs calcium d glucorate		1/2 tsp					You can increase this to 1tsp only when thrush symptoms coming on
RN Labs iodine/tyrosine	3 caps						
Pure encapsulations Lipsomal Glutathione		1 cap				2 caps	
Pure encapsulations Magnesium glycinate		2 caps				2 caps	
Bioclinical Naturals Ubiquinol 300mg		2 tabs					
Thorne D3 5000IU		1 cap					2x week only
Researched Nutritionals Curucmin Pure		3 caps				3 caps	Stop now til after surgery
Researched Nutritionals Inflaquell	3 caps				3 caps		